

Lifting

Lifting Transcript

Before you lift, take a good look at yourself.

Because you are way more important than anything that needs to go from here to there.

So before you lift, take good care of yourself by taking the time to do it right.

Start by looking at yourself — from every direction — and then decide how to best handle that box or piece of equipment.

- First, know your limits. Decide if you can even lift the object safely.
- Maybe divide the load into smaller, lighter loads.
- Or place the load in smaller, more manageable containers.
- Then consider the route you're going to take, how far you're going, what obstacles you might encounter, and where you're going to set it down. Then, choose the safest route.
- Maybe it's better for you to use a cart or a hand truck.
- Maybe it's better for you to ask someone to help you.

Then, if you do decide it's safe to lift — keep looking at yourself.

- Stand close to the object.
- Squat, bending your knees — not your back — keeping your head up and keeping the natural curve of your back.
- Contract your stomach muscles.
- Then, lift using your legs, not your back.
- Turn by moving your feet, not twisting your body.
- And always keep the load close to your body.
- Once you get to where you are going, reverse the whole procedure.

Everyone is different and not everyone can lift the same amount.

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So if you don't feel comfortable about lifting an object, don't lift it...whether at work at home.

Take the time to take care of yourself.